# The Macdonald FARM Journal

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THE MACDONALD LASSIE

# Editorial

## Food Bank off the Ground?

There have been proposals for international action on raw materials and foodstuffs as far back as the early 1930's — and about the only achievements we have to show for more than 30 years of discussions are the international agreements covering things like wheat, sugar and tin.

The Food and Agriculture Organization of the United Nations founded at the end of World War II has provided a very useful forum for discussion of farm surpluses and the food needs of the less developed countries. These discussions at F.A.O. meetings inevitably bogged down in frustration, to a large extent because the United States Government was determined to follow a unilateral policy in giving away or dumping its vast farm surpluses.

At the recent United Nations Food and Agriculture Organization meetings in Rome, the United States delegation has submitted a plan calling for a 100 million dollar World Food Bank, to which it would contribute 40 million dollars worth of surplus commodities plus cash. This proposal has been accepted in principle. Canada would be expected to contribute about five million dollars, or more. If you consider the vast scale of United States give-aways, the Rome proposal is only a drop in the bucket. But it is a constructive start and the United States and other sponsoring countries including Canada should be given full marks for it. We should also recognize that, quite separately, the United States has placed before the United Nations Assembly a gigantic proposal for using food in economic development in underdeveloped areas. This, however, is likely little more than a trial balloon.

The world food plan which will emerge from the recent F.A.O. conference in Rome will likely be of the Agency type — an Agency which would receive contributions in commodities or in cash on the one hand and receive requests for commodities and for cash on the other hand. The Agency would allocate food and cash against known needs. In the early stages it would concern itself largely with emergency food needs. The question of using food in economic development programs would be strictly secondary. Food in economic development is, of course, the really big issue. United Nations agencies cannot avoid giving this matter further consideration.

One hope from the adoption of even a small proposal by the F.A.O. conference in Rome is that it might represent a means of moving toward an international code to cover give-aways and other non-commercial transactions which until now have damaged the position of such commercial agricultural exporting countries as Canada, New Zealand, and the Netherlands.

For what is emerging from the Rome discussions, major credit should go to the Canadian Federation of Agriculture. Over the entire post-war period this organization has imposed a constant and very strong pressure on the Canadian Government to take the initiative in establishing a world food plan. It has also exercised a leading influence through the International Federation of Agricultural Producers, an organization uniting the farmers of the world.

Some Canadians will feel that it is late in the day to establish a World Food Bank now. Our wheat surplus is being drastically cut this year and the prospect is that it will disappear entirely in the 1962-63. Of course, Canada could always contribute butter to the Bank. Unless we change our present federal dairy policy, we shall have little choice. But seriously, the Bank idea represents a means of advancing human welfare and the cause of peace. Whether we shall have surpluses or not Canada should support it generously.

## DIRECTOR FOR ARDA

Agriculture Minister Alvin Hamilton has announced that the Civil Service Commission has named Alexander Thomas Davidson, 35, Director of ARDA (Agricultural Rehabilitation and Development Act).

Mr. Davidson, for the three years Chief of the Resources Division, Northern Administration Branch, Department of Northern Affairs and National Resources, assumes his new duties December 1.

ARDA was passed unanimously by the House of Commons last May. It calls for federal-provincial agreements for the joint undertaking of: (1) Alternative uses of land now classified as marginal or of low productivity; (2) Development of income and employment opportunities for rural agricultural areas; and (3) Development and conservation of the water and soil resources of Canada.

Mr. Davidson was Assistant Deputy Minister of Natural Resources for Saskatchewan for six years before joining the federal government service.

Born at Fort William, Ontario, he graduated from Queen's University with his B.A. degree in 1948, specializing in geology, economics and history. He obtained his M.A. at the University of Toronto two years later, specializing in geography.

During the summers of 1947 and 1948 he was a Deputy Chief Ranger for the Ontario Department of Lands and Forests, and in the summer of 1949 he was a geographer with the Saskatchewan Department of Natural Resources.

He was appointed administrative assistant to the Deputy Minister of Natural Resources for Saskatchewan in 1950 and two years later became senior planning officer in the department. In April, 1953, he was made Assistant Deputy Minister of Natural Resources.

Mr. Davidson served in the RCNVR during World War II.

He is married to the former Joan Alexander of Regina.

They have three boys.

# INDEX

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## ADVERTISERS' INDEX



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## COVER

**Taken at the Arundel School Tree Farm just before the sign was hung. Sign is held by teachers with farmer-parents at centre. Pupils who shared much of the responsibility for the project cluster round.**

# Observations

## THEY SHOULD HOWL!

Recently the news media made a first class story out of an announcement that beef prices to the consumer would rise by about 10 cents per pound. Inevitably agriculture will receive the black eye for being so demanding. The increase could be justified as expected considering that agricultural production is what it is — subject to vagaries of weather and to the law of supply and demand. We suspect that our marketing system may also have had a hand in this; certainly in arriving at a well publicized, uniform price increase there must have been a meeting of minds!

But before consumers feel too sorry for themselves, they ought to look at some facts. In terms of animal protein in the national average food supply, Canadian consumption per capita ranks fourth in the world, according to the Food and Agriculture Organization of the United Nations. Per capita calorie consumption at 3150 per day is also near the top. To consume so heartily Canadians spent 28.1 per cent of their consumer expenditures on food and beverage as compared with 56 per cent in Ceylon in 1959. Yet for their money the Ceylonese bought less than one-eighth the animal protein and only two-thirds the calories consumed by Canadians.

## DRY HAM

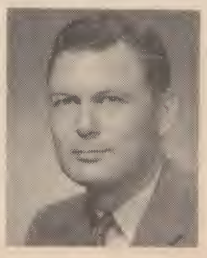
Hams don't know whether they're wet or dry in the U.S. these days. Back in Eisenhower's day the U.S. Department of Agriculture allowed processors to soak them. Indeed, they became water-logged. And all because, according to one official, the public liked wet hams.

An opinion poll by Kennedy revealed that the public doesn't care for wet hams. Pronto, USDA ordered all hams be dried. Sounds like prohibition all over again! Or maybe it's that fickle minded public.

**Left — a stone pasture and a grazed woodlot. Right — Nude rock outcrop is evident in upper right corner and, while sheep graze hillside, neighbouring pasture on bottomland goes untouched, to waste. Who is to say — do we know — what is the best use for this land? If it is misused, do we have a right to make the individual put it to proper use?**

# Agricultural Adjustment

**If we intend to make the best use of our agricultural land and our farms we need research to assist in decision making says**



**Dr. H. G. DION**
**Dean of the Faculty of Agriculture**

Let us first attempt to define "agricultural adjustment". This inevitably puts us in a position where we must specify not only ends but also means. The end, we will all agree, is an acceptable standard of living for the farmer, arrived at through adjustments in the factors of production and marketing. One definition of agricultural adjustment which is put forward for the purposes of this conference is as follows: —

Agricultural adjustment involves the wise and efficient use of our agricultural land according to its particular capabilities, so that farms organized with an optimum relationship between land, labour and capital, efficiently producing products desired by the market, will give farmers an acceptable standard of living.

Such a definition is useful only if we can arrive at answers to the questions it asks — what does "wise and efficient" mean; how do we define "capabilities"; what is the "optimum relationship between land, labour and capital"; what is implied by "*efficiently* producing"; what do we mean by "desired by the markets"; and lastly, what is an "acceptable standard of living"?

At the risk of leaving the way open for criticism regarding a serious misuse of the term "research", it would appear appropriate to say that the task of research is to *assist* in providing answers to the questions implied in the definition, and to *assist* in providing means by which the various goals can be achieved. It is important to note that the functions of research in this matter are *to assist*. Research itself will not provide the answers, it can only provide the basic information on which person or persons can say — "If we agree that we want to arrange matters thus and so, then according to the information research has provided, we can achieve that goal by proceeding as follows". Scientific research will not define goals, since these are based on subjective moral and social values, which differ between individuals and are without absolute standards. If we can make the humanistic decisions necessary, scientific research will help us chart the path to the goals we set.

Let us now turn to the ways in which research should be used to help us arrive at "agricultural adjustments".

## Agricultural Land and its use

While Canada can be proud of her record in the field of soil classification and survey as a result of the cooperative Federal-Provincial program that has operated for approximately thirty years, we have not in general made the logical extension of soil survey information into the fields of land use that we should have. We can be grateful in the present context, that we have the basic information in our existing soil surveys and the personnel necessary, in the form of soil survey staff, to provide, quickly and economically, the land use information we need for an agricultural development program. Using a combination of:

(a) aerial photo interpreation,
(b) existing soil survey information,
(c) local knowledge of climate and agronomic problems in the minds of the soil survey people,
(d) a minimum of on-the-ground checking,

it would be possible, in relatively short order, to prepare maps for the whole of agricultural Canada indicating: (1) present land use, and (2) land use capability ratings (i.e. recommended land use on the basis of soils and climate).

Maps of *present land use* are a necessary starting place in planning agricultural development programs. Such maps do not generally exist in Canada except those covering local areas, i.e. on a parish or township basis for local tax purposes, or on a highly generalized provincial or national basis. Maps

should be prepared at a scale of perhaps 6 miles to the inch, large enough to be useful as a source of information for regional and local purposes, but small enough so that minor items of unimportant detail are not depicted. Where the information is not available through local tax offices or where census information is too generalized, it can be readily compiled from recent aerial photographs.

Maps of *land use capabilities*, indicating the classification (suitability and hazards) for different land use purposes, can be readily prepared on a similar scale to that suggested above, utilizing the information at present available on soil maps, and that extractable from the interpretation of aerial photographs and the minds of the soil surveyors, plus some minor additional checking in the field where additional information may be necessary. Such information is badly needed today not only to assist in deciding (a) what present agricultural land is non-agricultural and should be re-forested, (b) what arable land should be classified as non-arable and re-grassed, and (c) which of our agricultural lands are so valuable as to merit protection from the threat of industry, suburban sprawls, airports, and highways.

Such land classification work should, in the first instance, provide for a minimum number of categories, i.e.

Class I — our best agricultural land including that meriting protection from the threat of other uses

Class II — other agricultural land suitable for arable agriculture

Class III — land suited for grazing and fodder production, but not suited to arable agriculture

Class IV — non-agricultural land, better adapted to forestry or other non-agricultural use.

As a second and later step, more elaborate separations within the Classes I and II may be made, when required for the development programs that may be undertaken. Initially, however, our major requirement is to know the areas of non-agricultural land at present in farms, and the areas of non-arable soils being cultivated; and to identify these on suitable maps for the guidance of those who will be concerned with the direction and execution of the agricultural readjustment so badly needed. The urgent land use questions are those associated with the misuse of non-agricultural and non-arable lands. The information necessary to identify these is at hand and can readily be compiled, if we do not complicate the study in the initial stages with questions of alternative agricultural use in the areas of the better soils of Classes I and II. These latter questions can be dealt with when necessary and desirable. but at a later stage.

**An abandoned farm, fields reverting to brush and finally trees — scenes such as these emphasize the problem facing agriculture and Canadians.**

**Agricultural adjustment is complicated. Seen above is part of the onion harvest, 1961, on a farm, near Farnham, P.Q. Three or four years ago this land was undeveloped — today its production on a few hundred acres would displace many "old" style market gardens. Estimates place muck land acreage in Quebec at about 42,000 acres. 4 to 5 thousand acres have been developed.**

## Farm Organization and Management

Even when our present (and potential) agricultural land has been identified, we still need a tremendous amount of information from the farm management specialists as to the kind of farm unit that will be necessary to farm that land successfully and what enterprises and crops is it adapted to.

In the initial stages of agricultural re-adjustment, we need to know much more about the minimum and optimum sizes of grazing enterprise for sheep, beef and dairy cattle in the various parts of the country for those lands that are non-arable, but should remain in or revert to permanent hay or pasture. We also need information on the desirable sizes of woodlot operations on those non-agricultural lands, where a combination of agriculture and forestry could be practiced. In order that we may assist with agricultural re-adjustment on our poorer lands now, and our better lands in the future, it is desirable that vigorous and extensive research programs in the field of farm management be launched as soon as practicable so that we have some guidance with respect to the size of unit involved, expressed in terms of (a) acres for land of the various classes; (b) dollars for the equipment, buildings, livestock and operating capital necessary, and (c) manpower and work units for the labour involved.

Canada not only has too many

farmers ... non-agricultural and non-arable land, but also has too many farmers on the arable land as well, operating excessively small units in terms of land and capital. Agricultural readjustment must be concerned not only with the land that is being misused, but also with the land (and the farmers) involved in inefficiently organized farm units.

Canada has, through its various provincial agricultural extension services, a potent means of assisting with agricultural adjustment. Unfortunately, the agricultural representatives and agronomes have been handicapped in their work by two grave deficiencies — (1) a general lack of sufficient fundamental information on which to base a vigorous farm management policy, and (2) the lack of means by which to assist the farmer reach the desired goals.

To take the question of information first, the present farm management studies in most provinces are fragmentary and tentative; even where there are extensive records, these have generally not been analysed and summarized to permit the extraction of guiding generalities. The nature of farm enterprises and the relative emphasis on each differ significantly between the different parts of Canada, governed by differences in climate, soils and markets. Much more comprehensive information is necessary if we are to do sound farm planning and farm management work. We must know the probable return to the farmer of increased inputs of land, labour and/or capital on various farm enterprises under the various environmental conditions existing across Canada. Analysis of farm records available through "farm management clubs" provides one valuable source of such information, but its usefulness is limited by the relatively minor amount of data supplied from such sources. Much more support by government as well as farmers for the professional manpower needed for these "farm management clubs" is obviously necessary, and equally essential is the support for the study, analysis and interpretation of the data already available as well as that to be collected.

Since we cannot wait ten years for the collection of data, we must base our future farm advisory programs on farm management information extracted from the present data, filling in the gaps by extrapolation where existing information is unsatisfactory but, nevertheless, not delaying action because of the deficiencies existing. More data and more analyses will provide better information for the future, but we dare not let "the perfect be the enemy of the good". The information that can be obtained by analysis and extrapolation of existing data will be most useful to the agricultural representatives, since their major lack at present is farm management information. Their job is no longer primarily one of passing technical information with regard to details of the operation of individual farm enterprises, e.g. disease control, fertilizer usage, recommendations on varieties, etc., but rather one of making recommendations regarding the integration and relative emphasis on the various farm enterprises possible and adapted to the area. Much more information must be put into the hands of the agricultural representatives and agronomes by analyzing and interpreting data presently available, and by making sure that we have, as soon as possible, many more of the basic farm records necessary. Without this information, we cannot provide sound advice which will give adequate net farm incomes with the lowest possible unit costs of production.

# Quebec Tree Farmers Meet

**Quebec Branch of the Canadian Tree Farmers' Association held its annual meeting recently. Above, left to right, Martin Haley of Gatineau County, elected vice-president (shown here presenting a Tree Farm Certificate to Mr. and Mrs. Oliver), Stuart Armstrong, retiring president of Argenteuil County, Ike Marritt, retired forester of Southern Ontario who was guest speaker, Arch Jones of Macdonald College and Kevin Clarke, secretary. Absent is Ed Asselin, president of Vaudreuil County. In his address Mr. Asselin stated that the tree farm movement had merely begun its work of woodlot management improvement and better marketing. An increase in membership is forecast.**

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## NATIONAL FARM RADIO FORUM

**over CBC stations at 8:30 p.m.**

| | |
|---|---|
| January 8 | Is 4-H doing the best possible job for young farm people? |
| January 15 | Farm management — through group action (Regional broadcast) |
| January 22 | Food for Peace Where do we stand as regards a world food program? |
| January 29 | Co-operatives for service — A further study based on Forum opinions of Nov. 13th broadcast. |

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**An expert is a man who can take something you understand and make it confusing.**

THE

# Arundel School Tree Farm


Rev. C. H. Deslauriers, Mont-Tremblant, president of the Rouge Valley Conservation Association, presents official tree farm certificate to Mary Thompson and sign to Wade Walden. Looking on are school principal Melvin Graham and C.I.P. Grenvil Woodlands Division manager M. R. Wilson.

Unique in the Province of Quebec, the Arundel School Tree Farm is a practical demonstration of conservation. Situated in the Laurentian farming community of Arundel, the Arundel School Tree Farm serves as an example of the best use of the most common natural resource in the region — land which is sub-marginal for crops requiring cultivation. Perhaps more important, the Farm is developing human resources at the same time.

The Farm is operated under the direction of the Students' Council and a group of local residents known as the Tree Farm Committee. The work, the recreation and the pride of success are shared by teen-agers from Grades VI to X, whose efforts are guided and co-ordinated by the Students' Council and teaching staff.

Without the support of the men on the Tree Farm Committee the operation would be impossible, however. The Committee, which was set up by the School Board, consists of a Board member, the school principal (who also acts as chairman and is a very reliable co-ordinator between the Committee and the Council), a representative appointed by the Students' Council and two community-minded citizens. The president of the Students' Council attends all meetings.

The Tree Farm project was initiated three years ago following the enthusiastic reception of a series of lectures on Conservation given to the school children and, later, to the public by the staff of the Canadian International Tree Farm at Harrington. The lectures were popular and were followed up by a visit to the CIP Tree Farm at Harrington. The tours aroused considerable thought about local enterprise. The rugged terrain on which many of the farms about Arundel are located and the economic pinch in which agriculture finds itself, combined with lack of industry, made the region an economically depressed area.

The idea of purchasing an abandoned farm on which practical work could be conducted to demonstrate the principles of conservation was intriguing to the International Paper Company which obtains some of its pulp supply from local woodlots. The project was also a challenge to the Students' Council. With School Board approval, the Company purchased the required land and has continued to provide invaluable help and encouragement.

Tree planting is the main objective of the project. The farm is being reforested at the rate of three to five thousand trees a year, using both machines and hand power. At the same time the Farm is being developed as a recreation centre. Four picnic tables have been donated but the old homestead, a log building, still awaits restoration. Camping sites for Cubs, Brownies and other community groups are on the agenda.

A sugar bush is being developed. This past spring plastic pipeline was donated and a sugar camp constructed by the roadside in time for sugaring, The advantages of having the sap boiled at the roadside are innumerable. The sap bubbles from the sugar bush a half-mile away to the storage tank and evaporator, creating an irresistible attraction to the public.

The production of maple syrup is the Tree Farm's first significant financial involvement. To date expenses have been low. The Students' Council provided funds for the materials needed for the sugar camp. The blueprints and much of the labour was volunteer, a proof of the community's co-operation and goodwill.

In October of each year the school holds a conservation evening when reports of the School Tree Farm are given to the public and a "bean" supper is enjoyed. There are also talks, demonstrations, slides and films on topics connected with the Farm operation and conservation. These have quickened interest and spurred action in developing the natural advantages of the region. There has been an improvement in woodlot management in the area and some recent plantings of Christmas trees. The Farm is becoming a focal point for the valley; the whole community is learning, not only about conservation, but about co-operation. Community spirit,

Recently completed sugar house for the Arundel School Tree Farm.

once [illegible] has never flamed higher.

Mel Gra[illegible] school principal and key man on the project describes what it means to the children. "What benefits accrue to the children from this enterprise? Probably knowledge and the satisfactions which come from co-operating in an exciting venture. The organizational experience involved is invaluable, and the social life is healthy. The pupils learn by doing. When trees are planted they learn that the water level on adjoining farms will be raised. When the sap comes leaping out of the bush they learn what hydraulic pressure means. When they move into the bush with their chain saws they learn the methods and advantages of selective cutting. When they accompanied Mr. Salm and he defined the boundaries of the farm they observed practical surveying. When thousands of snakes were found under the ruins of an old barn a gasp of amazement replaced shuddering fears; a section in a textbook on the natural habitat of snakes may have become more meaningful. When they watch a bulldozer carve a pool in a swampy section of woodland they learn the necessity for fire prevention." Mr. Graham might added that they learn about bookkeeping and the business aspects of the projects as well when they try to balance the budget.

The Arundel School is not a "large" school by today's standards, yet it has, with little outside help, instilled an appreciation for Canada's resources into her sons and daughters, and community, which bulletins, signs and warnings could never do. Other communities might be as well served if the local school, 4-H Club, agricultural group, Boy Scout troop or town council would take on such a project.

## CO-OPS SELL THIRD OF FARM PRODUCTS

All agricultural areas in Canada have co-operatives to serve them, says Vernon Heighton, Canada Department of Agriculture economist, reporting on the 1960 progress of the movement.

Marketing, purchasing, service and fishermen's co-ops did $1,407 million worth of business in 1960, an increase of three per cent in one year. The 1,936 marketing and purchasing co-ops reporting (out of a total of 2,093) accounted for $1,364 million of this.

Value of farm products marketed co-operatively was $972 million, up $9 million. Co-ops marketed one-third of all agricultural products entering commercial trade, the same proportion as in the previous year. Sales of merchandise and farm supplies increased by $30 million to reach $363 million.

The Co-operative Federee de Quebec, one of the largest multi-purpose farm centrals in the country, provided marketing, food processing and farm supply service to 375 affiliated local co-operatives, and did almost $117 million worth of wholesale business in 1960.

Newfoundland reported a decrease in the co-operative sale of farm products from $25 million in 1959 to two million dollars. In all other provinces, co-ops increased this activity.

The percentages of Canada's agricultural products sold through local co-ops were: dairy products 27.8; livestock 31.5; poultry and eggs 16.3; wool 72.4; grains 55.5; fruit and vegetables 22.1; maple products 49.2; tobacco 2.0; and honey 54.1. By provinces the 1960 sales were: British Columbia $65.1 million; Alberta $162.5 million; Saskatchewan $260; Manitoba $88.4 million; Ontario $184.3 million; Quebec $115.7 million; Maritime Provinces, $20 million. Interprovincial sales amounted to about $75.6 million.

Feed, fertilizer and spray material ranked first in sales of merchandise and supplies handled by co-operatives. They amounted to $116 million. Food products followed with $101 million and petroleum and auto accessories ranked next with $63 million.

There are 10 provincial and regional co-operative wholesales made up of local co-ops and belonging to the Interprovincial Co-operatives Ltd., the national purchasing and manufacturing agency. The wholesales are central agencies for marketing farm products, selling farm supplies, and operating lumber mills, oil refineries, oil wells and coal mines.

Flour and feed headed the supplies handled by the wholesales with gas, oil and auto supplies next; hardware and machinery a close fourth and groceries fifth.

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## NEW BOOKLET

"Soil, its Fertilization" is a booklet published by the Department of Agriculture of Quebec and prepared by the Quebec Fertilizer Board. Well illustrated with colour photos, this 45-page booklet may be obtained free from the Information Service, the Quebec Department of Agriculture, Parliament Buildings, Quebec. Publication No. 249A.

**Practical lesson: boys learn to put plastic pipeline together in front of school.**

**Students and neighbours watch mechanical tree planting on "their" farm. Teachers always try to make connection between practice and theory.**

THE FAMILY FARM
PUBLISHED IN THE INTERESTS OF THE FARMERS OF THE PROVINCE
BY THE
QUEBEC DEPARTMENT OF AGRICULTURE

# CHRISTMAS TREES OR TIMBER TREES

Even though they are making headway, artificial Christmas trees will never entirely replace the real fir free for the decoration of our homes and streets at Christmas time. It would therefore be a mistake not to encourage the production of natural Christmas trees, states Mr. Roch Delisle of the Quebec Forestry Extension Bureau. Indiscriminate, excessive and illegal cutting of Christmas trees are practices to be combatted. Besides, it should be remembered that the interest taken by the owners of small woodlots in their timberland is likely to increase with its profitableness. It is in those parts of Quebec where the market for forest products is most varied and most remunerative that private woodlots are best kept and cared for.

It must be stressed that well-managed Christmas tree production is only practicable on a piece of ground specially devoted to that purpose. In the past, some people have suggested that a woodland owner could harvest Christmas trees here and there throughout his woodlot without doing it any harm, as long as he confined his cutting to thinnings. But this is a mistake because, in the forest, firs which will make good Christmas trees are, in fact, just those more promising ones which should be left where they are to grow, while the young conifers which should be removed during thinning are the ones with disproportionately slender tops, poorly shaped and too unsymetrical to make good Christmas trees. Timber production and Christmas tree growing simply do not go hand in hand together.

A proprietor proposing to produce Christmas trees on a regular basis, who has chosen and set aside part of a field for the purpose, should start by raising his own seedlings in a small nursery or else by transplanting wild ones taken from the woods. The Department of Lands and Forests does not sell or distribute young plants for the production of Christmas trees. If, instead of a field, a proprietor has chosen a piece of land already covered with a growth of young conifers, he must thin this stand if it is too dense, or add to it by planting if it is too sparse.

**A promising young fir tree at Sillery, Quebec — the kind that should be left to grow instead of being cut for Christmas.**

Those desiring information about the growing and marketing of Christmas trees are advised to obtain, from the Forestry Extension Bureau, Parliament, Quebec City, the bulletin entitled "Production d'Arbres de Noël par Plantation"; and, from the Forestry Division of the Department of Natural Resources, Ottawa, the following two publications: "Christmas Tree Growing in Canada" and "The Christmas Tree Industry in Canada."

In addition, the provincial Forestry Extension Bureau is prepared to help by giving advice and the necessary demonstrations.

**Compiled by T. Pickup, Agronome, of the Information and Research Service, Quebec Department of Agriculture.**
Photos by Ciné-Photo.

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## ARRANGE DRIED PLANTS FOR DECORATIONS

Interesting and attractive floral decorations can be made from autumn plant materials such as dried poppy heads, milkweed pods, acorns, nuts; twigs of maple or oak with brightly coloured leaves; grasses such as wheat and rye; bulrushes or cat's-tails; stiff plants like goldenrod and yarrow or milfoil, etc., in fact, from any plant material of interesting shape, colour or texture which is rigid enough to make floral arrange-

(*Continued on page* 11)

Flowers make attractive Christmas gifts! Proper care will extend the life of cut flowers such as the roses shown above.

## PLANTS MAKE GOOD CHRISTMAS GIFTS IF CARED FOR PROPERLY

In mid-December, the festive season is just round the corner and you will probably already have made up your mind what sort of Christmas presents you are going to give. In case you may have decided to buy flowers or plants, Mr. Gérard Caumartin, of the Quebec Department of Agriculture, makes the following suggestions, hoping that you will find them helpful in choosing your plants and also in caring for them so that they can be kept as long as possible.

a) *Cut flowers*: Although cut flowers have the disadvantage of not lasting very long, they are still very popular. Roses, carnations, snapdragons and chrysanthemums are the most in demand. In order to make them last, you may put them in a distinctly cool place at night and change their water and cut a bit off the end of the stems every day. It is also helpful to put a little salt in the water or add liquid fertilizers to it, or make use of the commercial powders which are sold specially for the purpose.

b) *Potted plants*: Some of the foliage house-plants make acceptable presents (for example: ferns, asparagus, philodendron, pothos, sansevieria, aspidistra, cactuses, and large plants, or in some cases even Japanese miniature gardens.) But, generally speaking, it is more usual at Christmas time to give flowering plants in bloom. Amongst those most commonly given are poinsettias, azaleas, cyclamen, potted chrysanthemums, etc. Many florists also have on sale Jerusalem cherries, Christmas peppers and different species of begonia, and they are also beginning to offer some of the flowering bulbs.

If you want these plants to last, in the first place choose specimens which are not at too advanced a stage of flowering. Then take into consideration such conditions as light, heat and humidity. These are very important factors, as their combined effect must be favourable for certain success with plants.

Even direct sunlight is not very strong in January, so that flowering plants may well be placed in full sunlight near windows, as long as care is taken not to expose them to cold air or draughts. You should also avoid putting them near radiators or hot air outlets because most of these house-plants like a cool, damp situation. They may be revived and hardened by being placed, at night, in a cool place, such as a closed porch or cellar entrance or garage (providing there is no risk of exposure to real cold).

**This page supplied in the interests of the Family Farm by the Quebec Department of Agriculture.**

The most important point to consider is watering. Forced plants of the kind we are discussing, with their pots filled with roots, usually need a good deal of water at once or, in other words, a good soaking, every morning if necessary. Avoid watering them a little at a time, several times a day. After a good watering, the soil should be wet throughout the whole depth of the pot or container.

Lack of water may cause these plants to wilt and wither. As soon as you notice that a plant has been short of water, set it in a bucket containing enough water to reach over the top of the pot. Leave it immersed in this way for about an hour and then stand it to drain for a few minutes.

Do not forget to remove faded flowers which, otherwise, would exhaust the plant by going to seed. Remember to supply the plant with fertilizer by means of the commercial products which are sold for the purpose. On the other hand, in the case of plants used for Japanese miniature gardens, growing in impermeable pots of porcelain or other material, without drainage (without holes in them), be very careful how you water, since too much water will lead irrevocably to acidification of the soil and rotting of the roots.

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## ARRANGE DRIED PLANTS . . .

(*from page* 10)

ments (using this term in its widest sense to include all decorations made from plants).

Mr. André Sauvé of the Quebec Department of Agriculture considers that decorative arrangements of dried plant material offer almost the same possibilities of contrast of colour and texture as fresh flowers and, at the same time, have the advantage of lasting for several months without requiring water. They are quite easy to make. A simple and effective way of arranging the materials is to fasten them to a panel of varnished plywood or cardboard with childrens' plasticine.

## THE CARE OF HOUSE PLANTS IN WINTER

Success with house plants depends on the manipulation of the various factors which influence their growth; such as light, heat, humidity, watering, soil, insects, and so forth. It is not easy, particularly during winter, to control some of these conditions, especially those which are very closely dependent upon one another. As a general rule, house plants should be given as much light as possible in winter. Otherwise an effort should be made to adapt the temperature to the illumination; the feebler the light, the cooler the plants should be kept and the less water they will need.

Since the temperature of the home is arranged to suit the comfort of the human occupants, it is usually too high for the majority of plants and the air is always too dry. However, by means of a humidifier or some other device such as a terrarium, or with dishes of water, it is possible to raise the percentage of moisture in the atmosphere of the room. One of the shelves on which the plants are kept may be fitted with or replaced by a copper tray containing water and small stones on which the less drought-resistant plants should be placed. If this is done it is important to keep the pots from actual contact with the water. The family as well as the plants will benefit from the increased humidity of the air.

Some tropical plants, such as philodendron and pothos (scindapsus or ivyarum) and others, will tolerate fairly poor light but they need a humid atmosphere. Cactus and succulent plants, on the other hand, are generally more tolerant of a dry atmosphere but require more light. Plants should also be protected against draughts, since these may cause them to shed their leaves and flower-buds and, in some cases, lead to their death.

Mr. Daniel Seguin of the Quebec Department of Agriculture, says that plants should have as much water as they require for unrestricted development. With a little practice it is possible to tell when a plant needs watering, from the sound which the side of the pot makes when it is tapped, or from the appearance of the soil. In any case, water should not be withheld until the wilting of the leaves shows that the plant is beginning to dry out. In order to make sure that a plant is well-watered, it is better to set the pot for some time in a basin of water, until the wetness of the surface of the soil indicates that it is soaked. After this has been done, it is necessary to allow excess water to drain away through the drainage hole in the bottom of the pot.

Certain other treatments, such as syringing, judicious fertilizing and repotting are advisable, when necessary, for the purpose of keeping the plants healthy. Those who are interested in house plants are reminded of the advisability of maintaining an adequate supply of soil (and sometimes also of sand and peat-moss) ready for the purpose of potting, repotting and propagation.

# Fattening Turkeys

The expression "fattening period" means the final weeks of feeding which will give the birds a good finish of flesh and fat and improve their appearance. Confinement in darkness is not recommended. The only change in management consists in providing a plentiful supply of a special finishing ration and as much of a scratch grain mixture as the birds will eat. Some poultrymen give three or four meals of wet mash or make use of pelleted feed, in order to increase consumption. The grain is fed freechoice, in hoppers. It is very important to keep an eye on the water fountains to see that the turkeys are not deprived of water by freezing. Feed will be saved if the birds are provided with insoluble grit. It has been found that artificial lighting hastens fattening by increasing feed consumption. The turkeys will have reached good fattening condition when they are well feathered under the wings and there are no stubs on the body.

**A Christmas scene on the farm of Marcel Bertrand at St. Alban, Portneuf. With softer turkey prices threatening this season, growers are reminded that the rate at which the birds convert feed into flesh declines as they reach maturity. It may pay to kill and store birds rather than keep them on feed too long.**

In addition to making the foregoing recommendations, Mr. Roland Brassard of the Quebec Department of Agriculture advises poultrymen to sell or kill their turkeys at a profitable weight; that is, as soon as they are adequately finished. It is not economical to rear and fatten turkeys beyond the commercially acceptable weight, *because the rate at which the birds convert feed into flesh declines as they reach maturity.* Although the main marketing period for large turkeys is during the Christmas season, it is better to kill them at the right stage, even though this may involve keeping them in storage for several weeks. It is certain that management during the last few weeks directly affects the margin of profit. Let us get the most out of our turkey production.

**This page supplied in the interests of the Family Farm by the Quebec Department of Agriculture.**

## CULLING THE LAYING FLOCK

In view of the relationship now existing between the market price of eggs and the cost of feed, the poultryman must manage his production very efficiently if he is to earn a reasonable profit. Mr. Roger Paiement, instructor in poultry husbandry of the Quebec Department of Agriculture, emphasizes that, when egg production is below normal, one of the more important factors to consider is the question of culling the flock.

The elimination of unproductive birds leads to saving of feed, for poor layers always eat more than they pay for. Moreover, the re-

(*Continued on page* 14)

## PREMIUMS FOR PURCHASE OF PUREBRED PIGS

The Quebec Department of Agriculture, always anxious to improve the quality of the hogs produced in the Province, wishes to encourage Quebec farmers to acquire good purebred breeding animals. To this end it offers the following purchase premiums. These are based on the official classification of purebred pigs and on average scores gained in progeny tests carried out in the Province of Quebec. During the current year, for the purposes of the undermentioned regulations, boars and sows which obtained a minimum score of 71 per cent in 1959 or of 73 per cent in 1960 will be recognized as "tested".

### PREMIUMS

**A. Boars classified XXX:**

| | |
|---|---|
| 1. From untested parents: | $10 |
| 2. From tested sire or dam: | 12 |
| With a score over 80: | 15 |
| 3. From tested sire and dam: | 20 |
| With an average score over 80: | |
| 4. Aged boars, tested: | 25 |

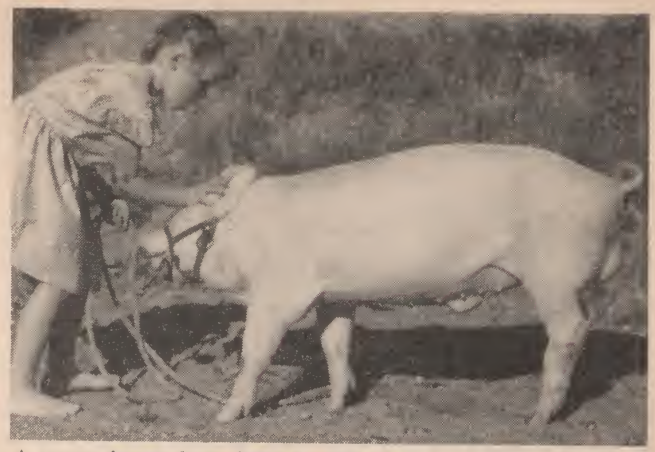
**B. Sows classified XXX:**

| | |
|---|---|
| 1. From tested sire or dam: | 5 |
| With a score over 80: | 10 |
| 2. From tested sire and dam: | 12 |
| With an average score over 80: | 15 |

### RULES

A) **The Buyer must:**

1. Be a bona fide farmer and make his application to the County Agronome or Regional Representative



**A young boar of good type on the farm of William MacLeod at Lake Aylmer, Que. Grants are available from the Provincial Government for the purchase of good breeding swine.**

of the Livestock Branch within three months following the date of the purchase;

2. Produce the registration certificate of the animal purchased;

3. Not have received any premium for the purchase of pigs in the preceding 12 months.

B) **The Breeding Swine must:**

1. Have been classified under the rules for the grading of purebred pigs;

2. Be not more than 15 months of age at the time of purchase, tested boars excepted;

3. Be registered in the herdbook for their breed and transferred to the buyer's name;

C) Unless otherwise stated, this assitance will cease on the 31st of March, 1962.

# Farm Improvement Works

In pursuance of his policy of farm support, the Hon. Alcide Courcy, Minister of Agriculture and Colonization, offers farmers and settlers the benefits of the use of heavy machinery, suitable for making rapid improvements but too costly for private individuals to own or operate in most cases.

A) **Beneficiaries**

The benefits of this policy are offered to anyone operating a farm or taking up land under a location ticket with permanent residence.

B) **Nature and conditions of work**

1. This policy of assistance for the rapid improvement of land applies only to such projects as: removal of tree stumps and stones, deep plowing, levelling or any other works of a purely agricultural nature.

2. Any work judged to be detrimental to the conservation of the organic matter, fertility, or efficient drainage of the soil is definitely excluded.

3. The land must have been cleared and the brush piles burned beforehand, in conformity with the regulations of the Department of Lands and Forests. It is strictly forbidden to push the brush into windrows with a bulldozer so that the topsoil is scraped off the land.

4. Plowing is to be done only on new land, suitably

**Breaking new land at Manneville, Abitibi East. The Quebec Government carries out such work at reduced rates.**

prepared for it, and must be deep enough really to improve the soil.

5. All work for the purpose of bringing new land under cultivation must be carried out on soils which are potentially arable.

C) **Contribution payable by the farmer per hour of useful work**

| | |
|---|---|
| a) special rate for disking or harrowing deep plowing only | $2.50 |
| b) for work, other than disking or harrowing, done by tractors having a drawbar horsepower capacity between 20 and 43 | $3.00 |

**This page supplied in the interests of the Family Farm by the Quebec Department of Agriculture.**

**c) for work with tractors having a drawbar capacity of 44 or over ..... $4.00**
**d) for plowing involving the use of two tractors ..... $8.00**

Time taken up in moving equipment from one part of the farm to another is to be paid for by the beneficiary at the equivalent hourly rate for useful work.

The charge for the work is to be paid by the beneficiary to the contractor or to the operator of the government machinery, unless the beneficiary is entitled to a grant from the Department of Colonization for the removing of stumps or for plowing. In this case, the amount due shall be paid by that Department and deducted from the settler's grant, the change being made for each piece of land concerned.

Every beneficiary must ask the operator for a receipt for the amount he has paid him. The beneficiary shall sign the statement of the work done only after it has actually been carried out.

### D) Number of useful hours

The *maximum* number of hours on which the subsidy will be paid is twenty per farmer, except in the case of deep plowing.

The actual number will be determined by the number of hours available for a given locality, the urgency and advisability of the work, and the interest shown by individual applicants in the operation of their farms.

The County agronome or district settlement supervisor shall consider the application forms and reduce or cancel requests which seem to be unwarranted.

A copy of each application must be sent to the Quebec office as soon as it is completed, and a second copy is to be sent to the operator; the agronome or district settlement supervisor will also keep a copy in his files.

**Farm improvement work: uprooting stumps in Abitibi West.**

### E) Responsibilities

Operators and their assistants must provide for their own board and lodging without obligation on the part of anybody.

Failing proof of carelessness or negligence on their part, the Department of Agriculture and Colonization and its officials or employees shall not be held responsible for any damage or accident which may be connected, directly or indirectly, with the carrying out of these projects.

These conditions cancel and supersede all former ones, and they may be changed, if necessary, in the interests of agriculture and land settlement.

Further information may be obtained from agricultural representatives or from "Mécanique Agricole, Service du Drainage, Ministère de l'Agriculture, Hotel du Gouvernement, Quebec."

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## OYSTERSHELL FOR POULTRY

**This page supplied in the interests of the Family Farm by the Quebec Department of Agriculture.**

It is important to add calcium to the diet of poultry. This element is necessary in order to ensure the normal growth and efficient egg production of the birds, but the nitrogen-containing feedstuffs obtained from plants and the majority of the grains do not contain enough of it.

Mr. Camille Guertin of the Poultry Division of the Quebec Department of Agriculture writes that the laying hen must have calcium in the form of calcium carbonate, in order to repair her bone structure and make eggshells. A shortage of this compound in the rations will lead to a decline in the vigour of the bird and a drop in her egg-production. A hen cannot store this substance for very long and it must therefore be supplied to her regularly in her feed, together with vitamin D which helps to fix calcium in the body.

Calcium has a still more far-reaching effect in the case of hens of breeding stock, whose eggs are used for hatching. The chick, if it is to grow and develop normally and make bone, requires calcium no less urgently than it needs protein.

The chief sources of calcium carbonate are limestone and the shells of oysters. Oystershell is the most widely used source: it consists almost entirely of calcium carbonate in a form which is very easily assimilated and also contains iodine, which is needed for the proper functioning of the thyroid gland.

It is better to offer oystershell to the laying birds by setting it out in hoppers. This calcium supplement should not, however, be provided until the birds begin to lay.

## CULLING LAYING FLOCK . . .

(*from page* 12)

moval of sickly birds showing signs of disease, sources of infection, often prevents costly epidemics. Improvements in the efficiency of breeds and feeds having made higher egg production possible, mediocre production may point to defects in management. These can often be corrected by culling.

Periodically, all birds should be examined which loiter on the roosts or mope sadly by themselves away from the feed-hoppers. Broody hens should also be removed from the flock.

A poor layer lacks vigour, has a peaked-looking head, long and narrow eyes and a dried-out, pale or yellowish comb. An examination of the hinder parts will reveal quite accurately the laying condition. If the bird is laying, the vent is large, dilated, moist, and of a bluish white colour: if she is not laying, the vent is small, puckered, dry and yellowish. In a laying bird, the pelvic bones — which can be felt as two bony points at the rear end — are spaced the width of two to three fingers apart, whereas, in a non-layer, they are close together.

# INDEX

of major articles appearing in the Macdonald Farm Journal, 1961.





*Merry Christmas and a Prosperous 1962*

# The Country Lane

## NIGHT WIND

*Wind, wild wind,*
*Whistling through the tree tops,*
*Whistling through the pine trees,*
*Incessant and fierce.*
*Loud, angry, rushing sound*
*filling the tree tops,*
*Bending their boughs down*
*Low to the ground*

*Waves, wild waves,*
*Breaking on the beaches,*
*Breaking o'er the rocks,*
*Incessant and fierce.*
*Loud, angry, roaring sound*
*filling the cold air,*
*Whipping the lake to*
*White-caps around.*

*Dark clouds sailing*
*All across the skyways,*
*Before the driving wind,*
*Incessant and fierce.*
*Covering the Milky Way,*
*Covering the moon up,*
*So nothing but wind*
*And darkness abound.*

*— Anne C. Begor*

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## BEAUTY

*A thing of beauty is a joy for ever:*
*Its loveliness increases; it will never*
*Pass into nothingness; but still will keep*
*A bower quiet for us, and a sleep*
*Full of sweet dreams, and health, and quiet breathing.*
*Therefore, on every morrow, are we wreathing*
*A flowery band to bind us to the earth,*
*Spite of despondence, of the inhuman dearth*
*Of noble natures, of the gloomy days,*
*Of all the unhealthy and o'er-darkened ways*
*Made for our searching: yes, in spite of all,*
*Some shape of beauty moves away the pall*
*From our dark spirits. Such the sun, the moon,*
*Trees old and young, sprouting a shady boon*
*For simple sheep; and such are daffodils*
*With the green world they live in; and clear rills*
*That for themselves a cooling covert make*
*'Gainst the hot season; the mid-forest brake,*
*Rich with a sprinkling of fair musk-rose blooms:*
*And such too is the grandeur of the dooms*
*We have imagined for the mighty dead;*
*All lovely tales that we have heard or read:*
*An endless fountain of immortal drink,*
*Pouring unto us from the heaven's brink.*

*— John KEATS*

## THE BELLS OF HEAVEN

*'Twould ring the Bells of Heaven*
*The wildest peal for years*
*If parson lost his senses*
*And people came to theirs,*
*And he and they together*
*Knelt down with angry prayers*
*For tamed and shabby tigers*
*And dancing dogs and bears*
*And wretched blind pit-ponies*
*And little hunted hares.*

*— Ralph Hodgson*

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## LEISURE

*I shall attend to my little errands of love early this year,*
*So that the brief days before Christmas may be unhampered and clear*
*Of the fever of hurry. The breathless rushing that I have known in the past*
*Shall not possess me—I shall be calm in my soul and ready at last*
*For Christmas—The Mass of Christ—I shall kneel and call out His name;*
*I shall take time to watch the beautiful light of a candle's flame;*
*I shall have leisure—I shall go out alone from my roof and my door;*
*I shall not miss the silver silence of stars as I have before;*
*And oh, perhaps—if I stand there very still and very long,*
*I shall hear what the clamor of living has kept from me—the angel's song.*

*Grace Noll CROWELL*

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## HOW TO STAY YOUNG

*"Youth is not a time of life, it is a state of mind. We grow old only by deserting our ideals. Years wrinkle the skin but to give up enthusiasm wrinkles the soul. Worry, doubt, self-distrust, fear and despair—these are the long, long years that bow the head and turn the growing spirit back to dust. There is in the hearts of all of us, whether seven or seventy, the love of wonder and the love of life. We are as young as our faith and as old as our doubt—as young as our self-confidence—and as old as our fears—as young as our hope and as old as our despair."*

*Author Unknown.*

# The Founding of KINGSEY

**The following poem is the history in verse of the founding of Kingsey, Drummond County. Our contributor believes it was written in 1900 about the time of the centennial celebrations of the first settlement in Drummond County. The author is, as yet, unknown. Perhaps our readers can provide some clues?**

Here, where for ages in the elder day,
The red-man held an undisputed sway,
Flowed then as now, yon ever coursing stream
'Neath the sun's ardent or the moon's pale beam.

The same bright stars are shining overhead,
The hills and vales, with nature's carpet spread,
Here autumn hangs her leafy banners bright,
And winter's pall wraps all the world in white.

All else how changed, where once roamed free and wild,
The untutored Indian, nature's simple child,
Where wolf and wildcat and the prowling bear
With him the howling wilderness did share.

Now all is peace. The woods resound no more
With savage warcrys as in days of yore,
The hum of honest labour now is heard,
Attuned to rustling tree or song of bird.

So, evermore on this revolving sphere,
The various seasons rule the circling year,
Alike man's presence or his absence fails
To change the law that through all space prevails.

The earth, through countless ages, by God's plan,
Was made and furnished for the abode of man,
A school to fit him by its toil and strife,
For life on earth and for the eternal life.

Though nature changes not, the human race
Has left its imprint upon nature's face;
And, since God set him here to till the ground
Has learned her secrets and her treasures found.

Man, restless man, has wandered far and wide,
And every soil and every climate tried,
With sweat of brow content to work if he
May gain a living and its liberty.

So, whilom came to this fair continent,
A hardy race for home and freedom bent,
Daring the billows of the ocean flood
Threading the mazes of the pathless wood.

First of the pilgrim band who settled here,
Came in the eighteenth century's closing year,
Who feared no danger and who spared no toil,
To clear and till a rich and virgin soil.

For faith and freedom with a purpose grand
Their fathers in New England took their stand,
But scant return, wrung from unwilling soil,
Repaid them for their hardship and their toil.

Their sturdy sons, to wander still inclined,
Pierced by land hunger and a restless mind,
For broader lands and richer vales were fain
Nor home nor love theirs could restrain.

The land of promise ever in their view
They sought fresh fields and looked for pastures new,
So, restless fared they forth to land afar,
Their constant guide the steadfast polar star.

Spring's gentle zephyrs wooed the wanderers forth,
Their footsteps ever tending to the north
Vermont's green hills could not their feet restrain,
Nor the fair slopes that fringe the broad Champlain.

Onward and northward till St. Francis stream
Revealed the happy country of their dream
Here Capt. Wadleigh. rover of the sea,
Came with his faithful wife and family.

He down the stream his perilous way did wend,
Till at this spot he reached the river's bend,
Nor further did his pilgrimage extend,
"For here", said he, "shall be my journey's end".

In this fair vale to which his steps were steered
Ere summer waned a humble cot he reared,
Turned up the soil and reaped the fruitful ground
With grateful heart that here a home was found.

Oh, the wild winter, when with wife and child,
Against the door the drifting snow was piled,
But love bound closer still child, wife and sire,
Nor did they lack for shelter, food and fire.

But winter ceased at last his cruel reign,
And spring returned with verdure in her train,
And the brave captain without pause or rest,
From seed to harvest time his labour pressed.

Two years the brave adventurer sternly wrought,
Summer's fierce heat and winter's cold he fought,
Friendless and neighbourless but not afraid,
Sole monarch, he, of all that he surveyed.

The second year of the new century came,
Bringing a new pilgrim, Moore by name,
Who left the rugged hills of Londonderry
To plant a home beside the Kingsey Ferry.

Companionship long time did Wadleigh crave,
And warmest welcome to the stranger gave,
Opened his heart and home, gave helping hand
Nor grudged a share of the broad fertile land.

The following year in 1803,
Moore journeyed back for wife and family;
This winter's jaunt, at thought of which we shiver,
Wound long the pathway of the frozen river.

The following year in 1804,
Following the trail along St. Francis shore
Came yet another no less brave and true,
To cast his lot beside the other two.

From far Connecticut to this northern wild,
On horseback, Wentworth trekked with wife and child,
His horse exchanged at Sherbrooke for a cow,
He came where dwell his children's children now.

The stormy March of 1805,
Saw Abercrombie to these shores arrive,
The river's icy pavement bore his sledge,
And here he settled near the water's edge.

His native Paisley early he did leave,
Dowered and trained with skill to spin and weave;
'Listed for service to the British Crown,
Was taken prisoner into Boston town.

Later, from Barnet in Vermont he came,
Resolved in Canada to stake his claim.
And in the King's Dominion spend his life,
A happy home to make for weans and wife.

With numerous children and his faithful spouse,
Not light the tasks his brood to feed and house,
Six likely lads whose ages ranged between
The five year's child and youth of stout sixteen.

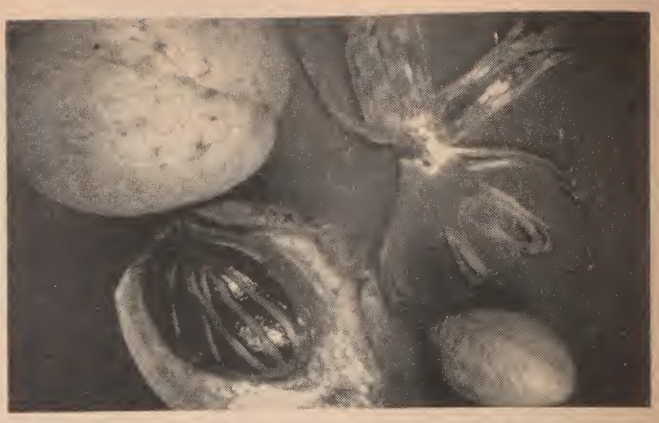
Then later came the Blakes, the Beans, the Brocks,
And the two Britons, Beard and Col. Cox,
And women too whose names we can't rehearse,
Sharing man's lot for better or for worse.

Longmore, and Lonsdale, Trenholme, Sharp and Towne,
With Lodge and Evans, Dennison and Brown,
Good men and true, with their industrious wives,
Who here to sturdy labour gave their lives.

But time would fail us to make record here,
Of pioneers who followed year by year,
Of bold adventure, or of death and birth,
Of sickness, sorrow, labour, sport and mirth.

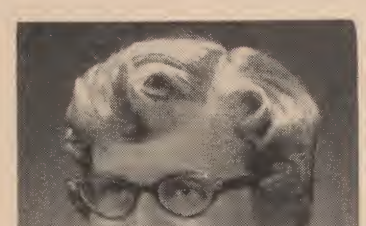
(*Continued on page* 19)

Cinnamon leaves and seeds are shown at bottom with cinnamon bark at top. The only part of the cassia cinnamon tree which is used for flavouring is the bark which is peeled, dried and rolled into cinnamon sticks.



Nutmeg fruit showing nutmeg kernel and mace. Nutmeg kernel (lower right) which is the nutmeg, is shown (lower left) covered by the mace which is seen upper right. The whole fruit is shown at top left.

# CINNAMON VANILLA MACE and NUTMEG



by Prof. M. ZARKADAS,
School of Household Science

A wise man once said that you can judge the quality of a man's mind by his book shelf, and the quality of a woman's cooking by her spice shelf.

The spices we use in our traditional Christmas and holiday recipes are many and varied, and each adds its own particular appeal to the foods in which it is used. These spices may be roots, bark, stems, leaves, buds or fruit of aromatic plants, most of which grow in the tropics.

Four of our most popular spices are cinnamon, nutmeg, mace and vanilla.

## Cinnamon

Cinnamon, a spice frequently used in holiday recipes, is one with a long and exciting history. Long before its value as a food seasoning was realized, cinnamon was used in the preparation of love potions and scented ointments. Since 950 B.C. or earlier, the Arabs, who were masters of the dangerous but rich spice trade, brought cinnamon to Rome and Venice by caravans across the Arabian desert. To justify its fantastic price the Arab traders invented ingenious tales of its origin. They said it grew in the center of a mysterious lake guarded by ferocious birds who attacked all men attempting to snatch a few precious branches.

These birds have of course vanished and we know that true cinnamon grows only on the island of Ceylon. Cassia cinnamon, which is preferred in America because of its stronger flavour, is very similar to the true cinnamon, and it is imported mainly from Indonesia and China. Both true cinnamon and cassia cinnamon are obtained from the young branches of their respective trees. Peeling of the branches begins when the tree is about six years old. The branches to be peeled are cut close to the trunk and are then taken to a shelter where the bark is removed in long sections. As these dry, they curl and form the familiar cinnamon sticks. The stumps send up new shoots which are ready for cutting again in about a year.

Cinnamon sticks of equal length are tied in bundles for export, and are then cut in short sticks or are finely ground for sale.

Stick cinnamon is delicious in hot mulled wines for holiday guests, or as a stirrer for late evening coffee. Ground cinnamon is a perfect seasoning for apple desserts, and many of our Christmas cakes and cookies.

## Nutmeg

Nutmeg, another spice used frequently in holiday recipes, is the pit or kernel of the nutmeg fruit which grows on the tropical evergreen nutmeg tree. There are four parts to the fruit: the outer husk, the mace, the inner shell (around which the mace curls), and the seed or nutmeg itself. The whole fruit somewhat resembles an apricot in size and shape. As it ripens the outer husk splits and reveals the scarlet coloured mace.

The ripe nutmegs are gathered by means of a long pole, called a gai gai, to which is attached a basket and prongs. These prongs loosen the fruit, letting it fall into the basket.

After the nutmegs have been gathered, the nutmeg and mace are separated and dried. These spices are unique in being the only two spices which grow in the same fruit.

Canada's main sources of these spices today are Indonesia and the Windward Isles.

Nutmeg can be purchased ground or whole, but the whole seed must be ground before use. It is a delicious flavouring for rice and custard puddings, and is a delightful addition to eggnogs. Along with cinnamon it makes an excellent apple pie and cookie spice. For a new flavour try a little nutmeg in chicken dishes, or mixed

with melted butter and poured over boiled potatoes.

### Mace

Mace, the second spice in the nutmeg shell, has an aroma similar to that of nutmeg, but its flavour and uses differ. Mace is at its best with chocolate in cakes or puddings, and is nice, too, in cherry pie. To enhance the flavour of whipped cream sprinkle on a little mace when you serve it.

### Vanilla

Vanilla, although it is not actually a spice, is included here since it is such a popular flavouring not only at Christmas but all year round. It is an extract prepared from vanilla beans which come to us mainly from the West Indies, Mexico and Madagascar.

The vanilla beans or pods grow on a vine which is a member of the orchid family. The beans grow in clusters of from four to twelve and when mature are green and vary from six to ten inches in length. The green pods are picked and then cured.

The curing process for vanilla involves drying the beans in special ovens and then exposing the beans to the sun for a period of twenty to forty days. During this time the beans are constantly inspected to see that the pods receive just the right curing. It is during this time that the vanilla flavour develops. The beans are then slivered and the flavour is extracted by an alcohol and water solution. The vanilla is then filtered and bottled.

**A cluster of vanilla pods growing on the vine.**

In some European countries vanilla is sold in small packages in the form of vanilla sugar, which is added during baking as we add vanilla extract.

When using vanilla in cakes and cookies remember to cream it in with the fat and sugar at the beginning, for the flavour is absorbed by the fat, and more flavour is retained in the baked product.

Remember too that all of your spices and extracts will lose flavour if they are kept near the stove or are not kept tightly closed. For the best flavours buy small amounts of spices, store them carefully and if a spice is too old and has lost its flavour and aroma replace it, for the best flavours can be obtained only from fresh spices.

Happy holidays and may all your menus be spicy.

## REMINDERS

1. Scissors, knives, firecrackers, bows and arrows, BB guns, are dangerous. Be careful when using them.
2. Visit an oculist at the first sign of eye trouble. Use medicine in your eyes only when prescribed by a doctor.
3. Periodical eye examination before school and after age forty is a safeguard against eye trouble.
4. Children with crossed eyes should be taken immediately to an oculist.

"Your eyes are your most precious possession and cannot be replaced."

*from Canadian National Institute for the Blind*

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## BEWARE OF FIRE HAZARDS AROUND CHRISTMAS TREES

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(*from page* 17)

Of how they felled the forest, cleared the land,
Grub-howed the sod and sowed with liberal hand,
Fished in the river, hunted far and free,
Or gathered honey of the wilding bee.

Tracked the wild game or snared it in the trap,
Punctured the maple for its sugary sap.
Sold the sweet stuff or kept it for their use
Made home-brewed beer of spicy roots of spruce.

They raised their flax, they fed their herds and flocks,
They carded, spun and wove, knit mitts and socks,
They sold their crops, their sugar and their ash,
Took pay in truck for there was little cash.

Their goods were boated up stream or down,
Far as Three Rivers — then the market town,
Or else to Windsor on the horse's back,
Thro' forest paths with saddle bag and pack.

What change from methods of the elder day;
From south to north no more a trackless way,
The magic carpet of the Arabian Nights,
The seven league boots and other curious blights.

Are outstripped daily by the palace-car,
A single night's repose and there you are;
By steam and fire and the electric wire,
We conquer time and bring all nations nigher.

Wouldst read the history of those early times,
Such as is hinted in these ragged rhymes,
Go search the memory of some aged crone,
For there the story's writ and there alone.

Scant are the annals traced on lettered page,
Tradition fails would we its help engage;
The busy present crowds the vanishing past,
The record half erased is fading fast.

Such were, we deem, the sturdy men and free,
Who planted here fair freedom's spreading tree;
No less of honour or of praise belong
To the stout dames whose fame deserve a song.

We deprecate the hardships of their day,
But is our lot the happier? who can say?
'Tis well if we their children emulate
The virtues which inspired and made them great.

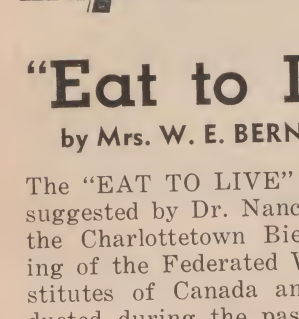
Theirs was a strenuous life, ours one of ease,
How know we which hath greater charm to please,
Theirs had the power the manly pulse to stir,
Has ours more lasting fruit in character?

Our age gives larger scope and broader views,
With universal knowledge, world-wide views,
And yet our life, more complex far than theirs
With greater knowledge brings us greater cares.

But what is life that does not make for love, —
That is not fired with passion from above?
Land, labour, life, — Ah, what do these avail,
If virtue falter or if freedom fail?

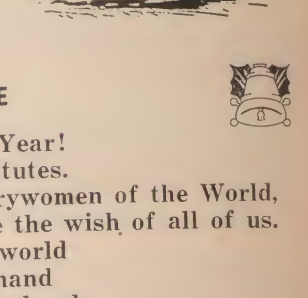
Clear-eyed they saw their goal and strove to win it,
The world is better for their living in it,
So in our day may we like them aspire,
Unto the brighter goal of their desire.

**Captain William Wadleigh, born at Newcastle-on-the-Tyne, left home at age thirteen. He became captain of a ship which foundered in a gale. Forced to seek another occupation he is next found farming at Danville, Vermont.**



# The Better Impulse

## NEWS AND VIEWS OF THE WOMEN'S INSTITUTES OF QUEBEC



## "Eat to Live"

**by Mrs. W. E. BERNHARDT**

The "EAT TO LIVE" survey was suggested by Dr. Nancy Adams at the Charlottetown Biennial meeting of the Federated Women's Institutes of Canada and was conducted during the past two years by the National Convener of Home Economics.

Score sheets were sent to each provincial convener who, in turn, conducted the survey in her own province. The results follow in a general summarization.

Generally speaking, Canadian people are well versed as regards Canada's Food rules. It was also discovered that they know, in every age group, the calorie content which is best for good health — and they are conversant with food rules and follow them to the extent you will note in this report.

Questionnaires were sent out to cover four age groups in Canadian society: children aged 1 to 6; children aged 7 to 11; young people aged 12 to 17 years — and adults. The survey was taken not only from the Women's Institute members, and their families, but as well from the people of the community at large.

The survey named all foods listed in Canada's Food rules as well as other foods and drinks which might be used in every day living such as fats, other than butter, refined cereals, sugar, jams, candy, cakes and cookies, pastries, soft drinks, etc.

### Children: ages 1-6

This age group here in Quebec took the least milk from a glass. It averaged only 3 servings per day. However cereal was served every day. 80 per cent served a cooked cereal (mostly oatmeal) — and many reports make mention of milk puddings.

Very few of the children in this age group had candy or soft drinks. The majority are taking Vitamin D.

### Children: ages 6-11

About half of this age group had a cooked cereal daily. The remainder had refined cereal. More use of fats, other than butter, was noted in this group. Also, this age group is beginning to use more jams, jellies, cakes and pastries. About one-third of this group drink soft drinks. Three-quarters of them are getting Vitamin D.

### Children: 12-17

Milk consumption was the highest in this group. A considerable increase is noted in the servings of pie, cake, cookies and candies, also of jams and jellies used. About one-half reported the use of soft drinks.

### Adults

The survey shows that only one out of two had a serving of citrus fruit daily. Only half mention any fresh fruit servings daily. The same number reported a serving of cereal daily.

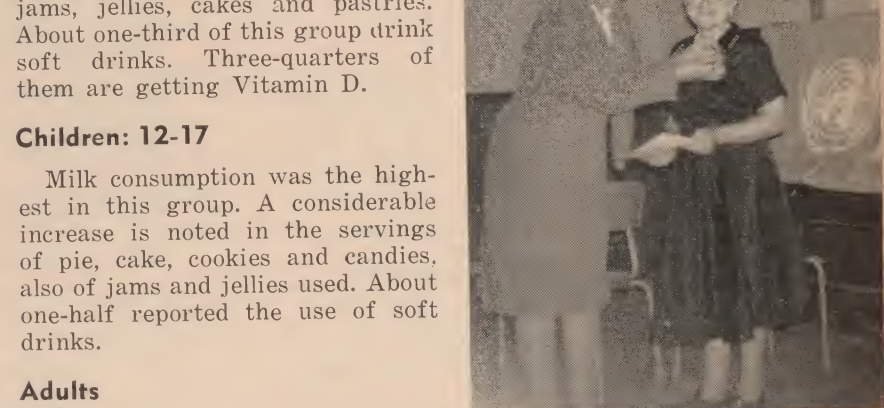
Many children in all age groups drink insufficient quantities of milk. They all have plenty of potatoes but some are short on their second vegetable. Very few mentioned serving liver, and not one mentioned serving heart or kidney. Adults were low on citrus fruits, as well as fresh fruit and cereal.

### CHRISTMAS MESSAGE

**A very Merry Christmas and a Happy New Year!**
**To all members of the Quebec Women's Institutes.**
**We are all members of the Associated Countrywomen of the World,**
**So I think the following little verse would be the wish of all of us.**

**"Let Peace encircle the world**
**Let men work hand in hand**
**A living bond of Brotherhood**
**A voice from land to land."**

**From your President,**
**Dorothy Ellard.**



**Brompton Road group on the way to the Jubilee Convention.**



**Mrs. M. Lewis, Pres. Missisquoi Co., presenting Mrs. J. B. Moore, of the Fordyce W. I. with Life Membership for her work on the Jubilee.**

The following pamphlets are supplied free—and in quantity if desired—by the Sun Life Assurance Co. of Canada, 218 Sun Life Bldg., Montreal: Educating Yourself for Retirement; Adult Education Today; What About Technical and Trade Schools; First Aid Handbook; Why Stay in School?; Scholarships and Bursaries; Sports-Tips for Teen-Agers; Why Study the Humanities; The Value of a College Education; How to get More Fun out of School; Leisure Time; So You're Going to College; Fit Fat Fad; What you Should Know About School Boards.

The Harwood Women's Institute exhibiting articles made during a tile course held this fall at Dorion.

# The Month With The W.I.

THIS has been a very busy month for W.I. members, with Hallowe'en parties, parties for **Unicef** collectors, paper drives, food sales and apron sales. Cotton has been collected for the Cancer Society, and Cancer dressings made. Donations have been made to: CNIB, school prizes, Historical Societies, Pennies for Friendship, the Service Fund, Hot Lunch funds, and County Bursaries. The best report this month came from Chateauguay-Huntingdon. Congratulations to Mrs. Crawford and her conveners, the newspaper clippings enclosed show that they are doing a fine job.

## ARGENTEUIL:

**Brownsburg** entertained members of the teaching staff at the High School. Mr. W. Steeves, a lawyer, spoke on "Wills". This branch sponsored an outing for Senior Citizens, when some 55 persons were taken for a drive to view the glory of the Laurentians, returning to the High School for afternoon tea and a social hour. Mrs. L. Wilson, Welfare and Health convener, visited the local hospital with gifts for the patients. **Frontier** enjoyed a talk by Nurse Allen of the Smith Clinic at Hawkesbury, on "Hospitalization and the Visitor in the Hospital". **Dalesville:** Mrs. George McGibbon, 2nd vice president of the Q.W.I. spoke on Education, and **Lakefield** had the County President, Mrs. Doig, as a guest speaker. **Pioneer** held a sewing bee to make layettes for the U.S.C. Dr. R. Rigby gave an interesting talk on "Adam Dollard", one of Canada's famous citizens, with slides to illustrate his talk. **Upper Lachute-East End** heard a talk on "Subject Promotion" given by Miss E. Stanton of Lachute High School.
Reports were also received from **Jerusalem-Bethany, Arundel, Milles Isles.**

## BONAVENTURE:

Showed a film "The Challenge — The Children", on the work of **Unicef. Grand Cascapedia** donated toward train fare for a needy child requiring eye treatment in Montreal. Patients in the Protestant Mental Hospital are to be "Adopted" and remembered with cards, letters and gifts. **Marcil** entertained the local teachers, their husbands and the School Board members. They held a Fashion Show at the end of a successful sewing course. **Restigouche** report a week's course under the direction of Miss McOuat, on Short Cuts for Housewives, supper dishes and sandwiches. A report was also received from **Matapedia.**

## BROME:

**Austin** report that their bursary of $50 was won by James Clement, and **Knowlton Landing** enjoyed a talk on India by Mrs. Percy Corbett. Congratulations to **South Bolton** who celebrated their Fortieth Anniversary on October 31st. **Sutton** sent two large boxes of clothing to the Cecil Memorial Home. A report was also received from **Abercorn.**

## CHATEAUGUAY-HUNTINGDON:

**Aubrey-Riverfield** entertained the staff of Howick High School, when the guest speaker was Mrs. M. Campbell, vice principal of Ormstown High School. Mrs. Campbell's topic was "Education Trends, Past and Present". **Dewittville** had an address by Miss W. Rowles, on the history of the Elizabeth Fry Society. This society has been responsible for many reforms in Canadian prisons in recent years. This branch sent in details of their **Nearly new sale.** The seller is required to price all articles and provide a list of all items to be sold. The branch apparently keeps 20 per cent of the proceeds, and provides a valuable service to the community. **Dundee** heard the County Nurse, Miss Mary Thompson tell how to care for teeth, and **Hemmingford** had Dr. Paul Belanger to speak on "Cancer" its danger signs, detection and treatment. **Howick** visited a Kindergarten Class in session at Ormstown High School, and **Huntingdon** saw a demonstration on making Christmas decorations and corsages. **Ormstown** also had Mrs. M. Campbell as guest speaker, her subject being, "The Causes of War".

## COMPTON:

**Bury** saw two filmstrips — "Native Trees of Canada, East of B.C." and "Canada's Freedoms". **Canterbury** raised money by sending out Parcel Post verses, and this was donated to the Historical Society. **Cookshire** enjoyed a talk on the 12th Annual Pilgrimage to the U.N., given by Miss Janet Learned. Mrs. R. M. Elliott spoke on traditional Christmas food, and gifts and gift wrappings were demonstrated by Mrs. D. MacRae. Samples of these articles were displayed. **East Angus** celebrated their 25th Anniversary at the East Angus Hotel, with invited guests. Prizes were given to the local school in Grades 1-6 for improvement in Health. **East Clifton** had a talk and a film on T.B. and Enlarged Heart, given by the Health Nurse, and **Sawyerville** heard a paper on University Training. At **Scotstown** Mrs. Boy spoke on her recent visit to Europe.

**GASPE:**
**Gaspe** gave clothing to a needy family, and had a demonstration on the making of a "Sewing Case" — these are to be made and sent to the USC. **Wakeham** sent a wonderful parcel of baby needs to the USC, and **York** are happy to report that their children won the Children's Fair Cup this year. For the 4th consecutive year, the Women's Fair Cup was won by the ladies of **Haldimand W.I.**

**GATINEAU:**
**Aylmer East** had a contest to make a doll from a lolli-pop, tissue paper and ribbon. **Lakeview** are making sewing kits for the USC, special guests were Mrs. H. Ellard and Mrs. F. Taylor. Mrs. Ellard spoke on Education. Reports were also received from **Eardley, Kazabazua,** and **Rupert.**

**MEGANTIC:**
**Inverness** donated to the school Hot Lunch Fund. **Kinnear's Mills** members wore home made poppies.

**MISSISQUOI:**
**Dunham** have received notification that a plaque is to be erected by the Historic Sites and Monument Board to commemorate the birthplace of the first branch of the Q.W.I. A Life Membership was presented to Mrs. C. Farnam, and slides of the Anniversary party, and of Britain were shown by Rev. Gustafson. **Fordyce** members showed embroidery work, and they are busy knitting and sewing for worthy causes. A collection of Ironstone China is to be presented to the newly opened Missisquoi Museum. **Stanbridge East** enjoyed a scrapbook and pictures shown by Mrs. Wanzer, of her trip to a FWIC meeting in Vancouver. A donation was made to the Hot Lunch Fund, and a contest on "Food in the Daily Diet".

**MONTCALM:**
**Rawdon** had a display of family heirlooms, with a description and history of each article.

**PAPINEAU:**
**Lochaber** exchanged names of Shut-Ins for remembrance at Christmas.

**QUEBEC:**
**Valcartier** had an exchange of recipes and Household Hints, and a talk on Home Economics given by Mrs. C. McKinley.

**RICHMOND:**
**Cleveland** discussed safety rules regarding School Buses, and decided that stricter enforcement of the law is needed. **Denison Mills** sent jams and jellies to the Wales Home in Richmond. **Gore** entertained husbands at a card party, and renewed subscriptions for magazines for classrooms at St. Francis High School. **Melbourne Ridge** has acquired a coffee maker in return for which they have to sell vanilla and pepper. **Richmond Hill** held a dance and card party with proceeds going to the County Bursary Fund. **Spooner Pond** held a quiz on People and Places in the News and a drawing on a puppy. **Shipton** sold poppies at their meeting and **Windsor** are busy working for the USC. A report was also received from **The Young Women's Institute.**

**ROUVILLE:**
**Abbotsford** had a Citizenship program in charge of the convener, Mrs. Rayson.

**SHEFFORD:**
**Granby Hill** are sponsoring Hot Lunches for a needy child. **Granby West** presented a Life Membership to Miss Hazel Bressette in appreciation of the work she has done towards the Lunch Room at Granby High School. **Waterloo-Warden** had a drawing on the lovely quilt they entered in the Salada Contest. A contest on Flags of the United Nations proved very difficult.

**SHERBROOKE:**
**Ascot** held a Hallowe'en pumpkin sale to raise funds for UNICEF. **Belvedere** celebrated their 45th Anniversary. **Brompton Road** catered to the Sherbrooke County Plowing Match, and **Lennoxville** is again sponsoring Conversational French Classes. Used clothing was donated to a Welfare group. **Milby** collected 3½ tons of waste paper. Vegetables were given to the Grace Christian Home and a donation made to the Cancer Society in memory of the husband of a former member. A scholarship was established, to be known as the Cornelia Orr Memorial Scholarship. This will be awarded to a Lennoxville High School pupil showing the greatest effort and industry in Grade 10, going into Grade XI.

**STANSTEAD:**
**Ayers Cliff** enjoyed a talk by a New Canadian from Switzerland. A paper was read on Fall Out, its effect, and protection against it. **Beebe** entertained teachers and members of the School Board. **Hatley Centre** have a travelling basket to raise funds. **North Hatley** had Dr. H. Hutchison, headmaster of Stanstead College as guest speaker, his topic being "School Drop Outs". **Ways Mills** had an exhibit of some very old articles and a talk on Antiques.

## POPULAR SCHOOL FAIR

**Mrs. Ruth Waite and Mrs. Wilfred Raymond discussing the potato exhibit.**

**Mrs. M. L. Moore judging household science exhibits at Ayer's Cliff school fair.**

# The Lyman Museum Moves to Macdonald College

A comparatively little-known part of McGill University is the Lyman Entomological Museum. The museum was established in December 1914, through the bequest of the late Mr. H. H. Lyman, an enthusiastic and wealthy Montreal "butterfly-hunter" who lost his life when the "Empress of Ireland" foundered in the lower St. Lawrence on May 29th of that year. The "Lyman collection" of insects and entomological literature has been housed in the Redpath Museum on the McGill Campus in Montreal since that time. Over the years the collection has gradually grown in size until it is now one of the largest of its kind in Canada, containing some 200,000 specimens, of some 20,000 species. It has long outgrown available space.

For many years it has been a matter for comment that McGill's Department of Entomology (now Department of Entomology and Plant Pathology) at Macdonald College was separated spatially from the Entomology Museum. The fact is that, when the Lyman bequest was made, Macdonald College had not yet attained the international reputation it now has, and, although Entomology was taught, there was no Entomology Department as such. There was a single Biology Department then. The number of persons who would have been likely to benefit from an entomological museum in what was then a somewhat isolated situation would have been small indeed. In fact it is unlikely that Mr. Lyman gave Macdonald College a thought when he made his bequest. Those were the days of the amateur entomologists (a noble but now almost extinct race in North America) and these tended to live in cities.

As time passed the Lyman collections grew in splendid isolation, first under the curatorship of A. F. Winn (from 1914 to 1931) and then in the care of Mr. G. A. Moore (from 1931 until 1961).

Concurrently the number of professional entomologists in Canada expanded until they may now be counted by the hundreds, a very high proportion of whom are Macdonald graduates. Why then were the two centres of Entomology not united long ago? There were a number of reasons (including lack of space at Macdonald College), but

**Mr. V. R. Vickery,**

**Curator of the Lyman Museum**

perhaps the most important was that the terms of the Lyman bequest specified that the collections should be housed in the Redpath Museum in Montreal.

But there is now insufficient space in the Redpath Museum for its other functions, let alone for housing the overcrowded Lyman collections and last year the Lyman heirs agreed to the collections being moved, if need be, to other McGill premises. Now it so happened that the Department of Entomology and Plant Pathology at Macdonald College had also become overcrowded. Eyes were cast at the large space between the roof and the second floor of the building it occupied and, to cut a long story short, means were found of killing two birds with one stone.

An extensive conversion programme is now under way in the Biology Building at Macdonald College. This will provide spacious accommodation for the Lyman collection of insects into which will be incorporated Macdonald College's own sizeable collection. The valuable Lyman books and periodicals will, with the Macdonald works on the same subjects, be maintained as a separate (Lyman) collection by the newly-expanded Macdonald College library.

Then, at last, the logical and mutually most beneficial arrangement will have been achieved. Entomology students will benefit by having the insect collections on the spot. The public (who have always been assisted in their enquiries when the museum was in Montreal) will benefit from the much larger number of Entomologists available. Agricultural, domestic, and general enquiries regarding insects will thus all be handled by the same agency: the Curator, the Lyman Entomological Museum, Macdonald College. It is hoped that the move will be completed by the end of the year.

As from September 1st a full-time professional curator of insects has been appointed for the first time and we are fortunate in obtaining the services of Mr. V. R. Vickery, who is not only an excellent general entomologist, but who has had a great deal of experience in dealing with agricultural problems as an extension officer in Nova Scotia. He is also well-known in bee-keeping circles and will add something hitherto inadequately covered at Macdonald College.

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## JOINS AGRICULTURAL ENGINEERING STAFF

Mr. Robert Broughton has been appointed to the staff of the Department of Agricultural Engineering, effective December 1st. Mr. Broughton specializes in hydrodynamics and will teach surveying, drainage, erosion and irrigation control and soil and water conservation.

Mr. Broughton obtained his B.A.Sc. Degree in 1957 from the University of Toronto and received his S.M. Degree in 1959 from the Massachusetts Institute of Technology. From 1959 to the present Mr. Broughton has been employed as Hydraulic Engineer with the Conservation Branch of the Ontario Department of Planning and Development where he conducted flood-control studies, watershed surveys and the design of river and lake control structures.

He is a Registered Professional Engineer in the Province of Ontario and a member of the Agricultural Institute of Canada.

Mr. Broughton and his wife Ruth, who graduated in Food Administration from the Ryerson Institute of Technology, will reside on campus. They have one child, Gay.

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